THE WELLNESS PATH

Primitive Reflex Tracking Sheet

Week	Target Reps	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Observations (Mood, Sleep, Focus)
1	5 Reps	☐	☐	☐	☐	☐	☐	☐	
2	10 Reps	☐	☐	☐	☐	☐	☐	☐	
3	15 Reps	☐	☐	☐	☐	☐	☐	☐	
4	20 Reps	☐	☐	☐	☐	☐	☐	☐	
5	25 Reps	☐	☐	☐	☐	☐	☐	☐	
6	30 Reps	☐	☐	☐	☐	☐	☐	☐	
7	30 Reps	☐	☐	☐	☐	☐	☐	☐	
8	30 Reps	☐	☐	☐	☐	☐	☐	☐	
9	30 Reps	☐	☐	☐	☐	☐	☐	☐	
10	30 Reps	☐	☐	☐	☐	☐	☐	☐	
11	30 Reps	☐	☐	☐	☐	☐	☐	☐	
12	30 Reps	☐	☐	☐	☐	☐	☐	☐	